



# VOICE OF EXPERIENCE

## COON RAPIDS SENIOR SERVICES

11155 ROBINSON DRIVE NW  
COON RAPIDS, MN 55433  
763-767-6473



## TAX HELP!

**TUESDAYS & WEDNESDAYS**

**(UNTIL APRIL 14)**

**8:30 A.M.—NOON**

*For Seniors, Disabled Adults  
or Households with Low to  
Moderate Income*

**FREE! NO APPOINTMENTS!  
FIRST COME, FIRST SERVE.  
COON RAPIDS CIVIC CENTER**

## 17TH ANNUAL ANOKA COUNTY CRIBBAGE TOURNAMENT

**FRIDAY, APRIL 9**

*HOSTED BY COON RAPIDS SENIOR CENTER*

**CARDS, SNACKS, CASH PRIZES,  
DINNER AND FUN!**

All Anoka County Seniors (55+) are invited for a fun Cribbage Tournament at the Coon Rapids Senior Center. Check in begins at 8:30 a.m.; cards start at 9:00 a.m., with a noon dinner to follow (current NAPIS information form is required to be on file to eat). An entry fee of \$12.00 per couple includes snacks, lunch, prizes and everything! Stop by or call the Coon Rapids Senior Center at (763) 767-6473 for a registration form. Sign up begins immediately. Space is limited.



## MARCH IS FOOD SHELF MONTH AT COON RAPIDS SENIOR SERVICES!



Senior Services is collecting food during the month of March to help boost the local food shelf supply. Bring a non-perishable food item or cash donation and then we'll contribute it to the ACBC Food Shelf, which serves much of Anoka County. The more pounds and dollars that they receive during March, the larger their funding will be later in the summer! With our difficult economy, many households are struggling. Let's do what we can to make a difference!



## ANOKA COUNTY SENIOR EXPO

**SATURDAY, APRIL 10, 2010**

**9:00 A.M.—NOON**

**Lord of Life Church, 14501 Nowthen Blvd., Ramsey, MN**

**FREE!**

- Information Booths
- Free Pancake Breakfast
- Blood Pressure Checks
- Mini-Massages
- Entertainment
- Ample Parking/Handicapped Accessible

## "RUSSIAN" AROUND TOWN

**WEDNESDAY, MARCH 24**

The Museum of Russian Art is our first stop. It is the only museum in North America solely dedicated to the preservation and presentation of Russian art and artifacts. Our tour guides will show us the current exhibits. One of the exhibits is called *Matryoshka: The Russian Nesting Doll*. These brightly painted wooden objects are fascinating storytellers. They are elaborately decorated with scenes from Russian folklore, history, and politics. At the end of the tour take time to visit their beautiful gift shop. Enjoy a relaxing lunch at St. Paul's Moscow on the Hill. Our menu includes Pork Loin sautéed with a blend of Georgian herbs served with rice and sautéed vegetables, bread and coffee or soft drink.



**Sign Up:** Begins at 9:00 Monday, March 1

**Cost:** \$35.00

**Payment Deadline:** Monday, March 15

**Bus:** Depart 9:45 a.m./Returns 3:00 p.m.

## Minnesota Science Museum THE DEAD SEA SCROLLS

**TUESDAY, APRIL 6**

Upon arrival be treated to complimentary coffee and rolls before going to the Omni Theater to see *Arabia*. Journey deep into the heart of Arabia, visiting the lost city of Madain Saleh and exploring its ancient tombs, joining a camel caravan, traveling back in time to the Islamic Golden Age where Arabian science and scholarship flourished, enduring a desert sandstorm, and diving to explore the ancient shipwrecks of the Red Sea. *Arabia* also takes you on the hajj—an annual pilgrimage where three million Muslims travel to the holy city of Mecca to reaffirm their faith. In this largest single human gathering on Earth, you'll see stunning humanity and powerful spiritual renewal. After the film, lunch will be on your own at the Element's Café. As you enter the exhibit, *The Dead Sea Scrolls*, each person will receive a hand-held device describing each item. Experience a once-in-a-lifetime opportunity to witness one of the greatest archaeological finds of the 20th century—which include the earliest known Biblical writings. These 2,000 year-old, authentic text fragments are steeped in scientific, religious, and cultural significance.

**Sign Up:** Begins at 9:00 on Monday, March 1

**Cost:** \$35.00 + Lunch on your own

**Payment Deadline:** Friday, March 12

**Bus:** Departs at 9:00 a.m./Returns: 3:45 p.m.

## THE LOWE FAMILY

**TUESDAY, APRIL 13**

The day begins with lunch at Anton's Restaurant in Waite Park. Enjoy a tasty lunch of chicken almond stuffed popover garnished with fresh fruit, and beverage. We will go to the nearby Paramount Theater in St. Cloud to see the multi-talented Lowe Family. They have been entertaining hundreds of thousands around the world for over 25 years. Versatile on many instruments, the nine Lowes offer an amazing blend of show-stopping classical, Broadway, Irish, jazz, bluegrass, old-time favorites, spectacular dance, 6-part harmony and much more. This high-energy, fast-paced variety show will leave you breathless! Our seats are located on the main floor in the first and second rows!



**Sign Up:** Begins at 9:00 on Monday, March 1

**Bus:** Departs at 9:45 a.m./Returns at 5:00 p.m.

**Cost:** \$50.00

**Payment Deadline:** Monday, March 8



## CHOCOLATE CREATIONS

**THURSDAY, APRIL 29**

Arrive in River Falls at the outlet store of Best Maid Cookies to purchase cookies. Each cookie is delicious, and made with all natural ingredients. Best Maid offers a wide variety including quality pre-portioned cookie dough and wellness options to choose from. There are also other treats, from the richest brownies to scrumptious crispy bars. The next stop is River Chocolate Company kitchens that are located in a rural setting. It is a small award-winning chocolate company that specializes in handcrafting classic truffles, unique toffees, brownies and confections. They use rare single origin chocolates; very rich, local, organic creams and butters. Hear about the company and purchase items created in their kitchen. After looking at all the goodies, enjoy a tasty buffet at the Westwind Restaurant. The buffet includes two hot entrees, salad bar, potato, vegetables, beverage and bread. One more stop for your sweet tooth: Creative Confectionaire in historic downtown Hastings. The chocolates, truffles, fudge and other confections are made fresh by Cindy Blomquist and her chocolatiers using only the highest quality ingredients and premium European chocolate.

**Sign Up:** Begins at 9:00 on Monday, March 1

**Cost:** \$49.00

**Payment Deadline:** Monday, April 12

**Bus:** Departs at 9:00 a.m./Returns 4:00 p.m.



**PRESENTS**

## FOOTLOOSE

**WEDNESDAY, MAY 12**

This exhilarating musical is going to bring down the house! It's filled with heart-stopping acrobatics, youthful spirit, electrifying music and dazzling dance scenes. Ren, a teen from Chicago is forced to move to a small town. To his shock, dancing and rock n' roll are forbidden! He and his classmates want a senior prom and it doesn't take Ren long to shake up his class and send the entire town into a frenzy. You'll enjoy this show in the Main Theater, along with a dinner that you can choose off their wonderful menu. Only 42 tickets are available.

**Sign Up:** Begins at 9:00 on Monday, March 1

**Cost:** \$65.00

**Payment Deadline:** Wednesday, April 14

**Bus:** Departs 10:30 a.m./Return 5:30 p.m.

**TOURCO TRAVEL COMPANY PRESENTS**

**DIRECT FROM BRANSON**

## OZARK JUBILEE

**AT THE ST. CROIX EVENT CENTER**

**THURSDAY, MARCH 25**



Enjoy an exceptional Branson show at the St. Croix Event Center in Turtle Lake, Wisconsin. You'll tap your toes to this Branson style music and variety show that combines Country, Gospel and Bluegrass. Besides the show, the trip also includes a full sit-down, plated lunch, \$5.00 back at the casino, 3 hours of gaming time, deluxe motor coach and a Tourco Tour Manager.

**Sign Up:** Begins at 9:00 on Monday, March 1

**Payment Deadline:** Thursday, March 11

**Cost:** \$40.00

**Bus:** Departs 8:00 a.m./Returns 5:30 p.m.

# TREASURE ISLAND RESORT & CASINO

NEAR RED WING, MN

INCLUDES BINGO AT 12:30 P.M.

**WEDNESDAY, APRIL 7**

**Sign Up:** Begins at 9:00 on Monday, March 1

**Cost:** \$6.00 (includes \$5 free slot play on your Island Passport Club Card, a \$3.00 food coupon, bus and escort)

**Payment Deadline:** Monday, March 29

**Bus:** Departs at 10:15 a.m./ Returns 5:00 p.m.

## BREAKFAST BUNCH



## DENNY'S RESTAURANT

**MONDAY, MARCH 15**

Rise and Shine and join the Breakfast Bunch at Riverdale's Denny's. Feel free to meet the group at the restaurant at 8:30 a.m. or have the bus pick you up at your house for just \$1.50. Either way, please register by calling (763) 767-6473. (WE NEED AT LEAST 5 PEOPLE SIGNED UP OR IT WILL BE CANCELLED) Sign up begins at 9:00 a.m. on Monday, March 1.

## OUT TO DINNER

## TEXAS ROADHOUSE

**Monday, April 26**

Enjoy a night out at one of Coon Rapids's most popular restaurants. There are a variety of choices such as hearty hand-cut steaks, fall-off-the-bone ribs, made-from scratch side items and fresh baked bread. We'll meet at 2780 Main Street at 4:30 p.m., to beat the crowd. Meet the group at the restaurant or sign up for van transportation (\$3 donation). The meal, tax and gratuity are paid for on your own. Whether you are driving yourself or taking the van, please sign up by calling (763) 767-6473. Space is limited. Sign up begins at 9:00 a.m. on Monday, March 1.

## OVERNIGHT TRIP

# JACKPOT JUNCTION CASINO

**MARCH 29 & 30**

Ready for a spring break get-away? We're hooking up with Tourco Tours for an overnight trip to Jackpot Junction Casino in Morton, Minnesota. Motor coach departs the Coon Rapids Senior Center at 9:00 a.m. on Monday, March 29. We'll arrive at the casino at approximately noon and enjoy a few hours of gaming before checking into the rooms at 4:00 p.m. You will enjoy accommodations at the Lower Sioux Lodge (connected to the casino), complete with an indoor heated pool and spa! We'll depart the casino on Tuesday, March 30, at 1:00 p.m. and arrive back in Coon Rapids at approximately 4:00 p.m.

The price is \$50.00 per person (for double or triple occupancy) or \$70.00 per person (for a single room). In return, each person will receive \$35.00 back in silver and 1,000 free slot points. Remember, this trip is subsidized by the casino and you are required to do some gambling. Payment checks can be written to Coon Rapids Senior Services. Cancellation refunds after the payment deadline can only be made if a replacement is found to take your place. When you register, the casino requires that you provide your name, address, roommate(s), room smoking preference and the casino's card number (if you have one). The escort is provided by Tourco Firstline Tours.

**Sign Up:** Begins at 9:00 on Monday, March 1

**Payment Deadline:** Friday, March 12

**Bus Departs:** Departs at 9:00 a.m. on 3-29-10

**Bus Returns:** Returns 4:00 p.m. on 3-30-10





## Fort Snelling Traveling Programs presents.... "Mrs. Snelling Arrives For Tea"

Friday, March 12

Ladies, you are cordially invited to a special tea at the Senior Center at 1:30 in the afternoon. We turn the calendar back to 1827 and receive Mrs. Abigail Snelling, wife of Fort Snelling's commanding officer, to tea. Discover what life was like in the early 1800's at a wilderness post over 700 miles from the closest town. Learn about clothing styles, foods, etiquette and socializing. Step back in time and enjoy the homemade sandwiches, tea and other goodies. Hats and gloves are welcome for this white linen tea. Please bring a teacup and saucer if you have one. Seating is limited. Sign up begins at 9:00 a.m. on Monday, March 1 and the payment deadline is Friday, March 5. The cost is \$7.00.



*(If anyone has extra teacups, saucers, teapots, sugars/creamers or tongs that we can borrow for the day, please contact Cindy at 767-6518).*



## HAMILTON KIDS ARE COMING!!

Monday, March 1 at 9:45 a.m.

Wednesday, March 3 at 9:45 a.m.

Thursday, March 4 at 9:45 a.m.

The Hamilton Elementary 4th grade students will be visiting us to work on a wooden folk art toy that needs to be assembled. We need lots of help! No craft experience necessary! Please sign up by calling (763) 767-6473.

*Special thanks to the Woodcarving Club for donating their time to cut and sand the folk art toys for this project. This is the 10th year that they have helped with this project. Thank you, Woodcarvers!*



*The Anoka Lions Proudly Presents Their  
22nd Annual Country Music Show*

## A TRIBUTE TO COUNTRY MUSIC STARS WITH THE DC DRIFTERS SATURDAY, MARCH 20 AT 3:00 P.M. ANOKA HIGH SCHOOL

This talented group of musicians will entertain you with their musical tribute to many of the country music stars of the past such as George Jones, Hank Williams, Loretta Lynn, Patsy Cline, Johnny Cash, and Buck Owens. Maybe even Buddy Holly and Elvis will show up! This concert takes place at the Anoka High School Auditorium. Coon Rapids Senior Services is selling tickets with excellent reserved seating, for the price of \$14.00 each. The Lions return 100% of all proceeds from this event to community service projects! No phone reservation needed. Just stop by Coon Rapids Senior Center anytime, Monday thru Friday, 8:00 a.m. — 4:30 p.m., beginning Monday, March 8, and purchase and pick up your ticket!

## **Minnesota Safety Council DEFENSIVE DRIVING COURSES**

Consumers 55+ years of age with a valid driver's license can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others may take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. Plan ahead! These classes fill up early. Call (763) 767-6473 to register.

### **4-HOUR REFRESHER COURSE: \$18.00**

Monday, April 12: 10:00 a.m.-3:00 p.m.

Monday, April 19: 5:30 p.m.- 9:30 p.m.

Monday, April 26: 10:00 a.m.—3:00 p.m.

Monday, May 17: 10:00 a.m.-3:00 p.m.

Monday, May 24: 10:00 a.m.-3:00 p.m.

### **8-HOUR COURSES: \$20.00**

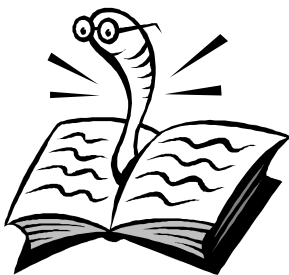
Mondays, May 3 & 10: 10:00 a.m.-3:00 p.m.

Mondays, June 7 & 14: 5:30 p.m.- 9:30 p.m.

Mondays, Aug 16 & 23: 10:00 a.m.—3:00 p.m.

## **BOOK CLUB**

Our Book Club usually meets the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed. Everyone is welcome to join us!



**March 25:** "The Shack" by Wm. P. Young

**April 22:** "Prayers for Sale" by S. Dallas

## **MARCH TEA TALK**

**Attitude Aging.**

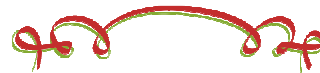
**No Excuses Allowed**

**Wednesday, March 10 at 1:30 p.m.**

What's keeping you from what you want to do? Are you hesitating or holding back? Face your fear and find a way to get past it. Marnie Hensel will show you how. Energetic. Charismatic. Authentic. Inspiring. Invincible. The right message, the right voice for people entering their later mid-life years and beyond, Marnie connects with those from all walks of life. Through Attitude Aging, Marnie motivates, inspires and coaches the aging population on fearless, graceful living. She brings the following topics to life with her engaging stories and ever-practical advice on relationships, the body, and spirituality. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, March 3.

## **APRIL TEA TALK**

**TO BE ANNOUNCED**



## **FREE HEARING SCREENING & HEARING AID CLEANING**

**TUESDAY, MARCH 9**

**9:00-3:00**

A representative from Beltone will be available at the Senior Center to complete free Hearing Screenings and Hearing Aid Cleanings. This is a service only. There will not be a sales pitch or products sold. Thirty minute appointments will be scheduled by calling the Senior Center at (763) 767-6473. This date is sneaking up fast, so sign up soon.



# LIFELONG LEARNING

*How about learning something new? Sign up by calling the Senior Center at (763) 767-6473. For planning purposes, it is very helpful if you register for these presentations, even if they are free.....THANKS!*

**DENTAL HEALTH EDUCATION ON MONDAY, MARCH 8 AT 10:00 A.M.** A Dental Hygienist from Apple Tree Dental will present a power point presentation on dental care for seniors. No cost to attend, but please sign up by Tuesday, March 2.

**MUSIC, MEMORIES & HOSPICE CARE ON TUESDAY, MARCH 16 AT 10:30 A.M.** Join Sister Corrinne Dahlheimer and Diana Oleskow Lubich of Mary T. Inc. for an afternoon of singing and recalling Coon Rapids/Anoka County as it once was. Learn how the old-fashioned idea of "good neighboring" is re-emerging in a new service called hospice care. We'll explain what hospice does to support people who are facing the end stages of living, while we share memories of times past in Anoka County. Connect with others for a wintry afternoon with song, snacks, and the good old days, and connecting with others. Light snacks and soft drinks provided. No cost to attend but please sign up.

**AVOID FORECLOSURE....SHORT SALES EXPLAINED ON TUESDAY, MARCH 23 AT 10:30 A.M.** Are you behind on your mortgage and not sure what to do? Are you facing the possibility of losing your home? Please join Rob Reinke with RE/MAX Advantage Plus for a free informational seminar to learn about the Short Sale process and how we can help save your home from foreclosure. As a Certified Distressed Property Expert (CDPE) Rob has extensive knowledge on the options available and the changes in the marketplace. Don't give up and let your home go into foreclosure. His experienced short sale team can help you through this stressful time. Feel free to invite your friends or family, too. No cost or obligation to attend, but please sign up by calling (763) 767-6473.

**GENEALOGY ON THURSDAY, MARCH 25 AT 1:00 P.M.** **Organizing Your Research:** Can you find that paper you are searching for? Ideas for keeping your files organized. The cost is \$5.00. Payment deadline is Wednesday, March 17. Instructor: Cathi Weber

**R&J TRAVEL SHOW ON FRIDAY, APRIL 16 AT 1:30 P.M.** Find out about all the great summer and fall trips coming up. No cost to attend, but please sign up by Monday, April 12.

**BEST BUY ON MONDAY, APRIL 19 AT 10:00 A.M.** Learn about the latest in technology: Twitter, Youtube, Facebook and more. No cost to attend, but please sign up.



**GENEALOGY ON THURSDAY, APRIL 22 AT 1:00 P.M.** **The Family Tree Maker 2010:** Find out about the new options available on this new computer program. The cost is \$5.00. Payment deadline is Wednesday, April 14. Instructor: Cathi Weber

# MARCH 2010

Mon	Tue	Wed	Thu	Fri
<b>1</b> Exercise 9:00 Quilting 10:00 Quilt Class 10:00 Hamilton Kids 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Def. Driving 5:30	<b>2</b> Tax Assistance 8:30-12 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	<b>3</b> Tax Assistance 8:30-12 Happy Feet 9:00 Vets Coffee 9:00 Exercise 9:00 Hamilton Kids 10:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco	<b>4</b> Goldentones 9:15 Crochet & Knit 10:00 Hamilton Kids 10:00 Dining 12:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00	<b>5</b> Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Super Sr. Club 1:00
<b>8</b> Exercise 9:00 Dental Care 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Def. Driving 5:30	<b>9</b> Tax Assistance 8:30-12 Hearing Screening 9-3 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	<b>10</b> Tax Assistance 8:30-12 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00 Tea Talk 1:30	<b>11</b> Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Pinochle 1:00 Parkinsons Support Group 2:00	<b>12</b> Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Ladies Tea 1:30
<b>15</b> Breakfast Bunch 8:30 Exercise 9:00 Def. Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	<b>16</b> Tax Assistance 8:30-12 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Hospice Speaker 10:30 Dining 12:00 Shopping-Rainbow 12:45 Bridge 12:45 Cribbage 1:00	<b>17</b> Tax Assistance 8:30-12 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 St. Pat's Party/Dining 11:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00	<b>18</b> Goldentones 9:15 Crochet & Knit 10:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00 Travel Show 1:00	<b>19</b> Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
<b>22</b> Exercise 9:00 Def. Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	<b>23</b> Tax Assistance 8:30-12 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Foreclosure Talk 10:30 Dining 12:00 Bridge 12:45 Cribbage 1:00	<b>24</b> Tax Assistance 8:30-12 Vets Coffee 9:00 Russian Trip 9:45 Blood Pressure 10:00 Stamping Club 10:00 Bunco 12:45 500 Cards 12:45 Good Neighbors 1:00	<b>25</b> Ozark Jubilee 8:00 Crochet & Knit 10:00 Book Club 10:30 Bingo 12:45 Spanish Chat Group 12:45 Woodcarving 1:00 Pinochle 1:00 Genealogy 1:00	<b>26</b> Exercise 9:00 For Art's Sake 9:30 Yga 10:15 Dining 12:00 Hand & Foot 12:45
<b>29</b> Exercise 9:00 Jackpot Junction 9:00 Quilting 10:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	<b>30</b> Tax Assistance 8:30-12 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Easter Dinner 11:30 Bridge 12:45 Cribbage 1:00	<b>31</b> Tax Assistance 8:30-12 Vets Coffee 9:00 Blood Pressure 10:00 Stamping Club 10:00 Birthday Party/Dining 11:00 Bunco 12:45 500 Cards 12:45 Good Neighbors 1:00		



# APRIL 2010

Mon	Tue	Wed	Thu	Fri
			1 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Dominoes 12:45 Woodcarving 1:00 Pinochle 1:00	2 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
5 Exercise 9:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Red Cross 2:00	6 Tax Assistance 8:30-12:00 Science Museum 9:00 AA Meeting 9:30 Square Dancing 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Cribbage 1:00	7 Tax Assistance 8:30-12:00 Vets Coffee 9:00 Exercise 9:00 Happy Feet 9:00 Blood Pressure 10:00 Stamping Club 10:00 Treasure Island 10:15 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	8 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Conversational Spanish 12:45 Woodcarving 1:00 Pinochle 1:00 Parkinsons 2:00	9 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Chef's Display Cooking 12:00 Hand & Foot 12:45 Super Senior Club 1:00  Cribbage Tournament
12 Exercise 9:00 Quilting 10:00 Defensive Driving 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00	13 Tax Assistance 8:30-12:00 AA Meeting 9:30 The Lowe Family 10:00 Craft Club 10:00 Stamp Cutting 10:00 Bridge 12:45 Cribbage 1:00	14 Tax Assistance 8:30-12:00 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00	15 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Dominoes 12:45 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	16 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 R & J Travel Show 1:30
19 Exercise 9:00 Best Buy 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Defensive Driving 5:30	20 AA Meeting 9:30 Shopping-Rainbow 12:45  <b>VOLUNTEER RECOGNITION</b>	21 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Music Time and Dine 10:45 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00	22 Goldentones 9:15 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Bingo 12:45 Conversational Spanish 12:45 Woodcarving 1:00 Genealogy 1:00 Pinochle 1:00	23 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45
26 Exercise 9:00 Defensive Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Out To Dinner 4:30	27 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00	28 Vets Coffee 9:00 Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Birthday Party/Dining 11:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00	29 Chocolate Creations 9:00 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00	30 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45

Over 60 or an adult with a disability?

# ACCAP CHORES & MORE

YOUR ONE STOP SHOPPING FOR:

MINOR HOME REPAIRS

HOUSEKEEPING

SEASONAL CHORES

- Snow Removal
- Lawn Mowing
- Spring & Fall Clean-up

## ATTENTION:

Start Calling: April 1

to get on the

Spring Clean Up List and  
the Summer Mowing List!

CALL ANN at (763)  
767-6521



# SENIOR DANCES

LIVE MUSIC

COON RAPIDS

AMERICAN LEGION

2ND & 3RD

WEDNESDAYS!

1:00-4:00 p.m.

\$5.00/Person

For Information Call  
421-6260 or 755-5787



# HAPPY FEET FOOT CARE SERVICES

Did you know that on the first Wednesday of each month we have foot care services? This is by appointment only. The service is provided by "Happy Feet Foot Care" and includes a foot soak, toe nail trimming and care for corns or calluses followed by a lotion massage. Please bring your own towel. The fee for service is \$30.00 Per visit. Please pay the nurse at the time of service. Checks should be made payable to Happy Feet Foot Care, Inc. Please call them directly at (763) 560-5136 for an appointment.



## HEALTH INSURANCE COUNSELING

The Health Insurance Counseling Program of Anoka County offers assistance to Anoka County residents with Medicare, choosing or changing a supplement, prescription drug options, Medicare bills, Medical Assistance Programs, and more. Counselors are available in Coon Rapids on the first Tuesday morning of each month by appointment only. For information or to schedule an individual appointment with a trained and certified volunteer health insurance counselor, call Kristin at 763-422-7528. *The Health Insurance Counseling program is made possible by the Metropolitan Area Agency on Aging and Anoka County and is not affiliated with any insurance company.*

## E-NEWSLETTER

You can receive our newsletter by e-mail. This insures that you will get it quickly and saves us paper and postage. Just call our office and let us know your address!

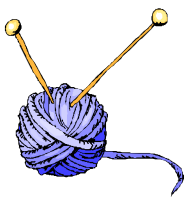
## ATTENTION VOLUNTEERS SAVE THE DATE!

On Tuesday, April 20, we will hold a special recognition for our volunteers! Invitations will soon be mailed to those who recorded at least twelve hours of volunteer time in 2008. (Please note that there will be no regular activities on that day.) Mark your calendar and save the date!

***DON'T FORGET!*** *Change your clocks before you go to bed on Saturday, March 13, and make sure your smoke alarms are working properly!*

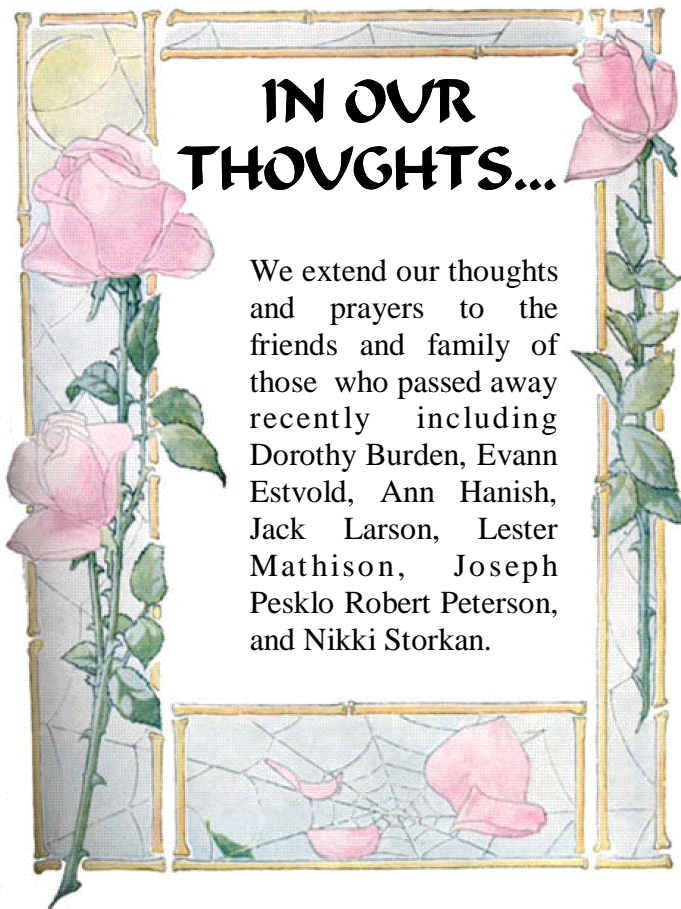
## WE'RE IN STITCHES!

Stop by our Knit/Crochet group on Thursday mornings at 10:00-11:45 a.m., in the Arts & Crafts Room. Bring your own project or our ladies can teach you enough tips to get you started.



## IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Dorothy Burden, Evann Estvold, Ann Hanish, Jack Larson, Lester Mathison, Joseph Pesklo Robert Peterson, and Nikki Storkan.



## EVERY 1 COUNTS IN MINNESOTA CENSUS 2010

The 2010 Census is almost upon us and the City of Coon Rapids wants to make sure everyone is counted. Coon Rapids residents who winter in another state will receive a census form at their home address and their vacation address. Please wait to respond until you return to Minnesota in April or May, so you are counted as a Minnesota resident. Do you need help with filling out your Census Form? Call the Senior Center at (763) 767-6473 and make an appointment for free assistance.



## SPANISH CHAT GROUP

**2ND & 4TH THURSDAYS AT 12:45 P.M.**

**Hola. ¿Habla usted español?** Do you know a little Spanish and would like to try to keep in practice? Join this informal chat group as they try to keep up with what conversational Spanish they know and brush up on their skills. No cost and no reservation needed. Held in Conference Room #5 (behind Gift Shop)

## NEW ACTIVITY

## CHESS ANYONE?

**MONDAYS AT 12:45**

Have fun and keep your brain sharp when you join our new Chess Club! We'll meet Mondays at 12:45 p.m. in the Rec Room. It would be helpful if you could bring a chess set with you. No need to sign up. Just come on in and join in the fun!

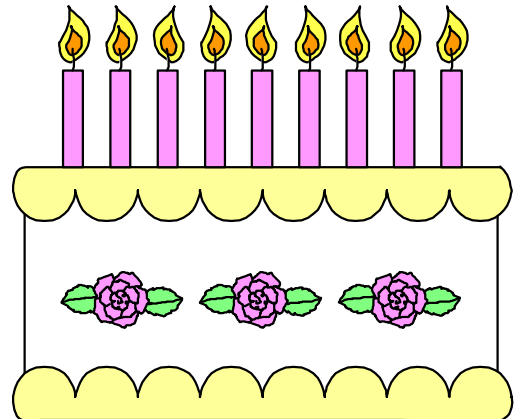


## PAINT-A-THON

Could your house use a new coat of paint? This program has been painting homes for low-income seniors (over age 60) or disabled home-owners, free of charge, since 1984. Painting usually takes place the first weekend in August. Your monthly income must not exceed \$1800 per month (single) or \$2500 (for two people in the home). For more info or to apply, call 612-721-8687, x321. The deadline is May 7, 2010.



## HAPPY 100TH BIRTHDAY TO MILLIE KLAPEL!!



## THANK YOU CULVERS

Special thanks to Culvers (Foley & Coon Rapids Blvd) for sponsoring our Snowflake Bingo and providing prizes and yummy treats! We appreciate it!

### TOURCO FIRSTLINE TOURS

## TRAVEL SHOW

**THURSDAY, MARCH 18 AT 1:00 A.M.**

**DAKOTA GOLD & BLACKHILLS TOUR ON MAY 17-21**

**BRANSON ON JUNE 1-5**

We're hooking up with Tourco Firstline Tours for a couple of fun trips. Everyone is welcome to attend the Travel Show on Thursday, March 18, at 1:00 p.m. Please call (763) 767-6473 to sign up. There is no cost or obligation to attend.

At 1:00 p.m., we'll learn all about our wonderful trip to South Dakota. This five day trip includes Badlands National Park, Crazy Horse Monument, Mount Rushmore, a tour of Deadwood and four nights accommodations. Just \$499 per person (double room).

At 1:30 p.m., we'll find out all about a summer trip to Branson that includes five shows, dinners and 4 nights accommodations. Just \$499 per person (double room). Join us for the fun!

## ***CIVIC CENTER AVAILABLE TO RENT***

Did you know that you can rent the Coon Rapids Civic Center for special events such as anniversary parties, holiday celebrations, graduations parties and even wedding receptions? For more information call Nan, the Facility Coordinator, at (763) 767-6522.

# SUPER SENIOR CLUB

## LETTER FROM THE PRESIDENT

Greetings from the Coon Rapids Super Senior Club,

We had 22 members present at our February 5th meeting plus 1 new member. Our entertainment was Mark Krietzer. He was very entertaining. The birthday girls were Mavis Nixon and Gloria Waskey. The cakes for February were furnished by Margie Rosendahl, Elaine Sutherland and Gloria Waskey.

Ann Lund announced that she had sent 217 boxes to our troops overseas. We still need help for this project in the form of nonperishable products or money for postage.

Our entertainment for March 5th will be Jack Frost (Mr. Bones). Our entertainment for April 9th will be the Keynotes. The cakes for March will be furnished by Dottie Lund, Mary Schmitt, and Pearl Skjefstad. The cakes for April will be furnished by Ann Lund, Joan Neuenfeldt and Donna Zemlicka. We finally got our budget and audit done so we are ready for 2010.

Why not join us-the entertainment is free. We also serve free coffee and cake. If you like us, you can join the club for a mere \$7.00 a year.

Have a happy and blessed Easter!

This will be my last letter.

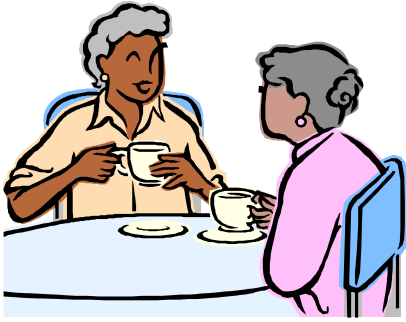
As Always,  
Forest Fout,, Acting President

## WHAT IS THE SUPER SENIOR CLUB?

For over 30 years, the Coon Rapids Super Senior Club has offered its members additional opportunities for entertainment, education, community service, sociability and friendships. Club membership is NOT required to take part in other activities at Coon Rapids Senior Services or Senior Dining. For the annual dues of only \$7.00, members can attend a meeting at 1:00 p.m., on the first Friday of each month at the Coon Rapids Civic Center. After a short business meeting, there is live entertainment and yummy refreshments. The SSC also runs the gift shop, holds an annual bazaar, makes numerous donations to various non-profit organizations and offers many volunteer opportunities. (including officer positions). Membership is also not limited to just Coon Rapids residents and is open to those 55 or over and spouses of any age. If you are interested in being a member, please feel free to attend our next meeting. We'd love to have you join us.



# COON RAPIDS SENIOR DINING



OPEN: 8:30 A.M.—1:00 P.M. MONDAY—FRIDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$3.50(with NAPIS form on file)

(Under 60 yrs old is \$6.50)

CALL: (763) 767-6524 by noon, two business  
days in advance, for a reservation.

Current NAPIS form must be on file to eat.

Join Senior Dining for our special spring events! Just call (763) 767-6524 to make your reservation. Suggested donation of \$3.50 can be made at the door. Remember, seating is limited, so make your reservation soon.

**ST. PATRICK'S DAY PARTY—WEDNESDAY, MARCH 17:** Wear green and join the Senior Dining Leprechauns as we tap our toes to the Irish medleys of the Goldentones Choir. Please be seated by 11:15 a.m., for their performance. Then we'll enjoy Irish Stew, diced peaches, shamrock jello cake with topping.

**EASTER DINNER—TUESDAY, MARCH 30:** "Spring" in for our special dinner! First, sit back and enjoy our Goldentones Choir as they get us in the spirit with their delightful spring and Easter music. Program begins at 11:30 a.m. Then enjoy a lovely noon meal including Turkey Pasta Salad and Strawberry Crème Pie.

**GOLDENTONES MUSIC TIME & DINE—WEDNESDAY, APRIL 21** The Goldentones Choir performs a special concert at nursing homes, assisted living facilities and senior apartments throughout the year. Now they're going to perform that same concert for us! Please be seated by 10:45 for the show. At noon, you'll enjoy BBQ baked chicken, baked potato, broccoli and mint brownie.

## BIRTHDAY CELEBRATIONS

Wednesday, March 31: Tap Dancing Satin Dolls

Wednesday, April 28: Windjammers (10+ Harmonica Players)

**Everyone** is welcome to join us as we celebrate birthdays! **When you sign up, please specify which month's birthday celebration you are registering for!** Live entertainment begins at 11:00 a.m. Then we'll enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing, too. Thanks to Culvers of Coon Rapids and Dean Foods for donating prizes. All this for just the suggested donation of \$3.50! Everyone is welcome to join us by making a reservation at least two business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

# SENIOR DINING MENUS

Complete menus are available at the Senior Center. Stop by and pick one up!

## MARCH

Mon 1	Swiss Steak w/Tomato Sauce
Tues 2	Stuffed Veal Cutlet <b>Or</b> (Chicken Breast) Gravy
Wed 3	Barley Veg. Soup/Sliced Beef on Wheat Bun
Thurs 4	Italian Baked Chicken
Fri 5	Country Fried Steak w/Gravy <b>Or</b> (Fish Wedge)
Mon 8	Sliced Turkey w/Gravy
Tues 9	Beef Macaroni Casserole
Wed 10	Jumbo Hotdog <b>Or</b> (Veggie Burger) on Bun
Thurs 11	Chicken & Vegetable Chow Mein
Fri 12	Healthy Baked Fish <b>Or</b> (Chicken Breast)
Mon 15	Pork Fritter w/Gravy <b>Or</b> (SR Beef Riblet)
Tues 16	Herbed Roasted Chicken
Wed 17	<b>St. Patty's Day Party-see page 14</b>
Thurs 18	Meatballs in Creole Sauce
Fri 19	Macaroni & Cheese
Mon 22	Salisbury Steak <b>Or</b> (Liver) w/Onion Gravy
Tues 23	Spaghetti w/Meatballs
Wed 24	Beef Pot Roast
Thurs 25	Sliced Ham <b>Or</b> (SR Chicken Breast)
Fri 26	Chicken <b>Or</b> (Seafood) Fettuccini
Mon 29	Meatloaf <b>Or</b> (Italian Turkey Meatloaf)
Tues 30	<b>Easter Meal-see page 14</b>
Wed 31	<b>Birthday Meal</b> -Chicken Breast w/Gravy

## APRIL

Thurs 1	Roast Beef w/Gravy
Fri 2	Healthy Baked Fish <b>Or</b> (SR Meatballs in Jardiniere Sauce)
Mon 5	Swiss Steak w/Tomato Sauce
Tues 6	Chicken Breast w/Supreme Sauce
Wed 7	Turkey, Rotini Pasta, Craisin Salad
Thurs 8	Baked Ham <b>Or</b> (SR Turkey) w/Fruit Sauce
Fri 9	<b>Chef's Display Dinner</b>
Mon 12	Pork Fritter <b>Or</b> (SR Chicken Patty) w/Gravy
Tues 13	Roast Beef/Gravy
Wed 14	Potato Chowder/Ham Salad <b>Or</b> (SR Turkey Salad) on Bun
Thurs 15	Chicken Stir Fry w/Vegetables
Fri 16	Italian Turkey Loaf w/Sauce
Mon 19	Hamburger Brown Rice Casserole
Tues 20	Sliced Turkey w/Gravy
Wed 21	BBQ Baked Chicken
Thurs 22	Lasagna Squares w/Beef Marinara Sauce
Fri 23	Stuffed Veal Cutlet <b>Or</b> (Beef Riblet) w/Gravy
Mon 26	Country Fried Steak w/Gravy
Tues 27	Tuscan Roast Pork <b>Or</b> (Turkey) w/Gravy
Wed 28	<b>Birthday Meal</b> -Italian Seasoned Baked Chicken
Thurs 29	Swedish Meatballs w/Gravy
Fri 30	Turkey Burger on Bun

*Menus Subject To Change*

## Chef's Display Cooking

**Friday, April 9 at noon**



We're bringing it back! Chef carved roast beef, roasted baby red potatoes, green beans, roll, and cheesecake with topping. All this for the suggested donation of \$3.50. Reservation sign up begins on Monday, March 29 by calling (763) 767-6524.

**SPACE IS LIMITED**

## LENT ALTERNATIVE MEALS



During Lent, all of our Friday menus include a meatless, alternative meal. Please make your request when you make your reservation.

## SILVERWARE NEEDED

Do you have any spare forks, spoons or knives? The Kitchen needs more and would be happy to accept your donation! THANKS!



## 2010 DESSERT & COFFEE CONCERT SERIES

Concerts begin at 7:00 p.m. at the Coon Rapids Civic Center, 11155 Robinson Drive and are sponsored by the Coon Rapids Arts Commission. Enjoy an evening of splendid music, an exhibit by a local artist, dessert and beverage—all included in the price of admission. Seniors (65 and over) and children (12 and under) are \$5.00, adults are \$7.00. Advance ticket sales are done at the main receptionist desk in the center of City Hall. Call (763) 767-6493 for additional information.

Thursday, March 11: **GREENWOOD TREE** (*Celtic Music*)

Thursday, April 8: **BETTY RYDELL** (*Country*)



### COON RAPIDS SENIOR SERVICES (763) 767-6473

PROGRAM SPECIALIST—KRIS NIEBLER

PROGRAM ASSISTANT—CINDY OLSON

CHORES & MORE/SENIOR COMPANION—ANN KUSIE—(763) 767-6521

FACILITY COORDINATOR—NAN MORGAN—(763) 767-6522

SENIOR DINING PROGRAM—MARGARET WEIS—(763) 767-6524

*Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.*

Coon Rapids Senior Services  
11155 Robinson Drive  
Coon Rapids, MN 55433-3761

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